

DATA AND ANALYSES

Comparison 1. Acupuncture versus sham acupuncture

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Symptom severity (mean outcomes) post-treatment scores (short-term: up to 3 mos, closest to 8 wks)	3	231	Std. Mean Difference (IV, Random, 95% CI)	-0.09 [-0.35, 0.17]
2 Symptom severity (responders) (short-term: up to 3 mos, closest to 8 wks)	3	262	Risk Ratio (M-H, Random, 95% CI)	1.09 [0.87, 1.37]
3 Symptom severity (generic inverse variance) post-treatment scores (short-term: up to 3 mos, closest to 8 wks)	4	281	Std. Mean Difference (Random, 95% CI)	-0.11 [-0.35, 0.13]
4 Quality of life (mean outcomes) post-treatment scores (short-term: up to 3 mos, closest to 8 wks)	3	253	Std. Mean Difference (IV, Random, 95% CI)	-0.03 [-0.27, 0.22]
5 Quality of life (responders) (short-term: up to 3 mos, closest to 8 wks)	1	153	Risk Ratio (M-H, Random, 95% CI)	1.25 [0.58, 2.68]
6 Quality of life (mean outcomes) post-treatment scores (long-term: >3 mos, closest to 6 mos)	1	41	Std. Mean Difference (IV, Random, 95% CI)	0.07 [-0.54, 0.69]

Comparison 2. Acupuncture versus pharmacological medication

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Symptom severity (responders) (short-term: up to 3 mos, closest to 8 wks)	5	449	Risk Ratio (M-H, Random, 95% CI)	1.28 [1.12, 1.45]
2 Symptom severity (mean outcomes) post-treatment scores (short-term: up to 3 mos, closest to 8 wks)	3	190	Std. Mean Difference (IV, Random, 95% CI)	-0.72 [-1.02, -0.43]

Comparison 3. Acupuncture versus Bifidobacterium

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Symptom severity (responders) (short-term: up to 3 mons, closest to 8 wks)	2	181	Risk Ratio (M-H, Random, 95% CI)	1.07 [0.90, 1.27]

Comparison 4. Acupuncture versus psychotherapy

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Symptom severity (responders) (short-term: up to 3 mons, closest to 8 wks)	1	100	Risk Ratio (M-H, Random, 95% CI)	1.05 [0.87, 1.26]

Comparison 5. Acupuncture plus psychotherapy versus psychotherapy alone

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Symptom severity (responders) (short-term: up to 3 mons, closest to 8 wks)	2	182	Risk Ratio (M-H, Random, 95% CI)	1.16 [1.04, 1.29]

Comparison 6. Acupuncture plus another traditional Chinese medicine (TCM) treatment versus the other TCM treatment alone

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Symptom severity (responders) (short-term: up to 3 mos, closest to 8 wks)	4	466	Risk Ratio (M-H, Random, 95% CI)	1.17 [1.02, 1.33]
2 Quality of life (mean outcomes) (short-term: up to 3 mos, closest to 8 wks)	1	60	Std. Mean Difference (IV, Random, 95% CI)	0.48 [-0.03, 0.99]

Comparison 7. Acupuncture versus no specific treatment

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Symptom severity (responders) (short-term: up to 3 mons, closest to 8 wks)	2	181	Risk Ratio (M-H, Random, 95% CI)	2.11 [1.18, 3.79]
2 Symptom severity (mean outcomes) post-treatment scores (short-term: up to 3 mos, closest to 8 wks)	2	181	Std. Mean Difference (IV, Random, 95% CI)	-1.29 [-2.59, 0.01]
3 Quality of life (mean outcomes) post-treatment scores (short-term: up to 3 mos, closest to 8 wks)	1	155	Std. Mean Difference (IV, Random, 95% CI)	0.34 [0.02, 0.66]
4 Quality of life (responders) (short-term: up to 3 mons, closest to 8 wks)	1	155	Risk Ratio (M-H, Random, 95% CI)	1.43 [0.65, 3.14]
